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PODCAST: Frans Bosch - Author, Biomechanist, Coach

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Frans Bosch is a professor of biomechanics and motor learning at Fontys University for Applied Science in The Netherlands. He is also the co-author of "Running: Biomechanics and Exercise Physiology in Practice" with Ronald Klomp. His book "Running" is widely regarded as one of the top sprinting resources for coaches worldwide. An anatomical illustrator, Bosch has a unique approach sprinting biomechanics and training. He was the Netherlands national team jumps coach from 2003-2006 and also served on that country's Olympic staff in 2000 and 2004.

USA

Canada

In this interview he discusses the writing of his book (including the new edition), monitoring systems, periodization, the importance of variation in sprint training methodology and the training of various abilities necessary for sprinting success. As well, he gives a biomechanical overview of all elements of sprint performance including block set-up, acceleration and full flight mechanics. For sprint coaches everywhere this interview offers some fresh ideas on biomechanics and how to coach the sprinting events.

Book Description

This richly illustrated work presents innovative training concepts based on recent scientific research and extensive knowledge of the real-world training. It provides running trainers, physiotherapists and physical exercise teachers with the latest insights into the training runners. The methods presented here are based on biomechanical principles. Scientific material is translated

into practical techniques in the discussion of topics such as running technique, energy supply processes and adaptation through training.

About the Authors

- Frans Bosch, HBO, BSc, Trainer and Coach, Royal Netherlands Track and Field Association (KNAU), The Netherlands
- Ronald Klomp, DRS. MSC
- **Paperback:**
 - 424 pages
- **Publisher:**
 - Churchill Livingstone; 1 edition (January 2, 2005)
- **In USA** Running: Biomechanics and Exercise Physiology in Practice
- **In Canada** Running: Biomechanics and Exercise Physiology in Practice
- The Canadian Athletics Coaching Center has a wealth of free coaching articles. [Click here](#) for a complete listing of their downloadable audio files.
- **PODCAST Info:**
 - Frans Bosch, Biomechanist / Coach
 - Interview Date: April 27, 2008
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